

VA/DoD Clinical Practice Guideline for the Management of Diabetes Mellitus in Primary Care

KEY POINTS

PRIMARY PREVENTION

- Consider **screening** all adults (age ≥ 45) for impaired glucose tolerance
- Consider **aerobic exercise and diet** to achieve weight loss and prevent the progression of impaired fasting glucose

SECONDARY PREVENTION

- Achieve individualized **HbA_{1c}** target through diet, exercise, medication, and patient education to prevent micro- and macrovascular complications
- Reduce and control **blood pressure** to improve quality and length of life, and prevent micro- and macrovascular complications
- Control **cholesterol** to reduce risk of cardiovascular disease

TERTIARY PREVENTION

- Screen annually for **kidney** disease
- Screen annually for retinopathy using a **dilated eye examination or retinal photography** for patients with ocular risk factors or who have had retinopathy detected on a prior examination
- Screen annually for **lower extremity** complications and risk stratification

HEALTH PREVENTIVE MEASURES

- Consider **aspirin** therapy to reduce the risk of cardiovascular fatal events
- Advise **tobacco use cessation**
- Provide **influenza vaccination** in season
- Provide **pneumonia vaccine**, if indicated

PATIENT EDUCATION

- Empower patients to make informed decisions about their **self-care of diabetes**

VA access to full guideline: <http://www.oqp.med.va.gov/cpg/cpg.htm>

DoD access to full guideline: <http://www.qmo.amedd.army.mil>

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